



Home Practice Space

Select a space where you can practice with minimal distraction or obstacles. Your class host will mute everyone once class begins to minimize disturbance and auditory feedback. During class you may wish to move your device or yourself so the instructor can see you to give feedback.

Suggested Props

- A yoga mat
- A chair (without arms or wheels)
- Several blankets and/or large towels
- One or two yoga blocks (or large books)
- A yoga belt (or other belt, bathrobe sash, necktie...)
- A yoga bolster (or a couch cushion, pillows or a stack of neatly folded blankets)

To purchase props from High Desert Yoga, email us at yogainfo@highdesertyoga.com. Include your phone number and a good time to reach you. We will call you back to let you know what is available, take your credit card payment over the phone, and arrange a pick-up time.

You can also order props from several online retailers such as [yogawarehouse](#), [yogaoutlet](#), and many big box stores.

Questions?

Please email us at yogainfo@highdesertyoga.com.